

Youth Sports

Youth Field Hockey

(Ages: 7 to 15yrs) Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Special registration form required. The age determination date is May 15, 2011.

Rookie (7 to 9 yrs)
Junior (10 to 11 yrs)
Senior (12 to 15 yrs)

14-Mar to 7-May Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 2/17

Registration Begins: 1/18 City 1/25 Non-City

Deadline to register: 2/17

📄 Special registration form required.

Spring Tot Field Hockey

(Ages: 5 to 6yrs) Join this program that will introduce your 5 and 6-year-old to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is May 15, 2011. No age waivers allowed in Tot Field Hockey.

Sa, 26-Mar to 30-Apr 12:00 PM - 1:00 PM

Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 3/3

Registration Begins: 1/18 City 1/25 Non-City

Deadline to Register: 3/3

📄 Special Registration form required.



Youth Soccer

Do you enjoy flexibility and options of practice and game days, or the convenience of playing at one location? Then join us on our Bermuda grass fields at the award-winning Dixon Park as we kick off our spring soccer season. Age determination date: May 15, 2011.

Novice (6-7yrs)
Rookie (8-9yrs)
Junior (10-12yrs)
Senior (12-15yrs)

14-Mar to 7-May Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 2/17

Registration Begins: 1/18 City 1/25 Non-City

Deadline to register: 2/17

📄 Special Registration form required.

Spring Tot Soccer

(Ages: 4 to 5yrs) Our instructional soccer program returns for another fun-filled season and will meet over five Saturdays. Kids will meet as a group and receive 40-minutes of instruction, and then scrimmage for the remaining 20 minutes. This is one of our most popular programs, and typically fills quickly. Age determination date: May 15, 2011. No age waivers allowed into Tot Soccer.

Sa, 26-Mar to 30-Apr 11:00 AM - 12:00 PM Session 1

Sa, 26-Mar to 30-Apr 12:15 PM - 1:15 PM Session 2

Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 3/3

Registration Begins: 1/18 City 1/25 Non-City

Deadline to Register: 3/3

📄 Special Registration form required.



Dixon Park This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

Youth Sports



Camp-Grand Slam Baseball

(Ages: 7 to 15yrs) Get a pre-season edge on your opponent while on school break. Learn detailed skills from our excellent staff and enjoy your vacation playing ball. This program will get you set for our league beginning in May. Players need to bring a baseball cap, glove and water.

1080.309 M - F, 18-Apr to 22-Apr 9:00 AM - 12:00 PM
NWG Baseball Field Instructor: Camp Staff
\$30 City, \$50 Non-City Resident
\$10 Late fee after 3/18
Registration Begins: 1/4 City 1/11 Non-City
☐ Special Registration form required.

Youth Baseball

Do you have the next Ruth, Mays, Jeter or Ryan? Watch your children develop their talents through our exciting league. Each age division stresses skill development, sportsmanship, and friendly competition. The registration deadline is April 21. The age determination date is August 1, 2011.

T-Ball	(6yrs)
Coach Pitch	(7-8yrs)
Rookie	(9-10yrs)
Junior	(11-12yrs)
Senior	(13-15yrs)

23-May to 23-Jul
Various City Fields
\$25 City, \$50 Non-City Resident
Registration Begins: 3/22 City 3/29 Non-City
Deadline to Register: 4/21
☐ Special Registration form required.

Tot Baseball

Tot Baseball for 4 & 5 year old players is designed to introduce basic baseball skills in a fun and non-competitive environment. Don't miss this chance to teach your child America's favorite pastime. Age determination will be August 1, 2011. No Age Waivers or Medical Excuses will be honored in the Tot 4 program.

Session 1 10:00 - 11:00 AM
Session 2 11:15 - 12:15PM

Sa, 4-Jun to 16-Jul
Walker Grant Baseball Field
\$20 City, \$40 Non-City Resident
Registration Begins: 3/22 City 3/29 Non-City
Deadline to Register: 5/26 or until filled
No session 7/2
☐ Special Registration form required.

Isshynru Karate

(Ages: 8 & over) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids - you'll both have fun, and learn something too!

Evening

2530.201 M W, 10-Jan to 23-Feb 6:00 PM - 6:50 PM
2530.305 M W, 18-Apr to 25-May 6:00 PM - 6:50 PM

Saturday

2530.203 Sa, 15-Jan to 19-Feb 10:00 AM - 12:00 PM
2630.203 Sa, 5-Mar to 9-Apr 10:00 AM - 12:00 PM
2530.314 Sa, 23-Apr to 28-May 10:00 AM - 12:00 PM
Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Youth Sports

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited.

2520.201 M W, 10-Jan to 23-Feb 5:00 PM - 5:50 PM
2520.306 M W, 18-Apr to 25-May 5:00 PM - 5:50 PM
Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Fencing - Beginner + Intermediate

(Ages: 8 to 16yrs) Our trained instructor will meet with you once a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At the first day of class, you will need to rent equipment for \$20, or you can bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited so don't miss your chance, sign up today!

Beginner Fencing

4444.206 Tu, 18-Jan to 22-Feb 7:00 PM - 8:00 PM
4444.207 Tu, 8-Mar to 12-Apr 7:00 PM - 8:00 PM
\$60 City, \$65 Non-City Resident

Take the next step!

Intermediate Fencing

4444.308 Tu, 18-Jan to 22-Feb 7:00 PM - 8:00 PM
4444.309 Tu, 8-Mar to 12-Apr 7:00 PM - 8:00 PM
\$80 City, \$85 Non-City Resident
Community Center Instructor: Taylor-McNally, Dan
Registration for Jan Class: 12/7 City 12/14 Non-City
Registration for March Class: 1/4 City 1/11 Non-City

Homeschool/Family Fencing

(Ages: 8 & over) Homeschoolers - try something new and fun! Our fencing instructor will teach you the basic stance and how to lunge. At registration you may opt to rent equipment or bring your own. Class size is limited so register early!

4400.201 Th, 13-Jan to 17-Feb 12:30 PM - 1:30 PM
4400.210 Th, 10-Mar to 14-Apr 12:30 PM - 1:30 PM
Community Center Instructor: Taylor-McNally, Dan
\$60 City, \$65 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

2011 Rappahannock Regional Soap Box Derby

Race Day: June 11, 2011
Registration starts in February!
Visit

www.FredericksburgDerby.com
for more info!



Pee Wee Tennis

(Ages: 4 to 6yrs) With little racquets and shorter nets, even the tiniest of hopefuls have a chance to succeed. This class is a wonderful introduction to a lifetime sport for your child.

1710.301 M W, 11-Apr to 27-Apr 5:00 PM - 5:50 PM
1710.307 M W, 9-May to 25-May 5:00 PM - 5:50 PM
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Youth Beginner Tennis

(Ages: 7 to 15yrs) This program is intended for the 7 - 15 year old player. We will use the USA 1*2*3 program to teach the beginner player the basic skills needed to start enjoying a wonderful lifetime sport.

1730.301 M W, 11-Apr to 27-Apr 6:00 PM - 6:50 PM
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Youth Intermediate Tennis

(Ages: 7 to 15yrs) This program, intended for player 7 - 15 years of age, is a continuation of the Beginner Tennis program. Players will learn more strokes and strategy to help gain confidence on the court.

1740.301 M W, 11-Apr to 27-Apr 7:00 PM - 7:50 PM
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Memorial (Kenmore) Park Tennis Courts
Instructor: Canizares, Art

Birth Certificate (proof of age)

is required at the time of registration for youth sports and camps, unless one is already on file. A special registration form is required for each youth and tot sport. These forms are available in the Parks and Recreation office and on-line at www.fredericksburgva.gov

YOUTH SPORTS THANK YOU

Thank you to our Coaches!

Fall Soccer

Tim Bahre
Jeff Bartlett
Bill Buckingham
Justin Childress
Tom Crow
Jon Denes
Matt Denson
James Diaz
George Foster
Wilson Greenlaw
Beth Gresko
Dan Hoffman
Nikki Hyldahl
Scott Hyldahl
N.D. Jones
Dalton Kujawa
Ben Laake
Leslie Leahy
Ralph Lewis
Chris Lipinski
Eric McCraw

Gerry Madigan
Celso Mejia
Bob Piercy
Andy Rice
Lisa Rienhart
Steve Schattgen
Maddie Schuster
Kim Scott
Donnie Seal
Tom Sellers
Charlie Sharpless
George Snead
Eric Stohr
Tim Sweet
Brett Wanner
Emily Ward
Mike Ward
Chris Weber
Mike Wellman
Jeremy Williams
Keith Workman

Fall Field Hockey

Amanda Chewning
Amy Schatz
Christina Pisciotta
Claire Colburn
Damian Cobey
Dana Petto
Haley Chemelewski
Jake Dziekowicz
Jennifer Church
Kim Hyatt
Kirby Tucker
Lee Garrison
Lisa Hatcher
Lynne Lansford
Maria Raney
Mary Kay Young
Mike Mesick
Nani Moskal
Natasha Jasso

Thank you to our Sponsors!

C&T Produce
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Fredericksburg Orthopedic Associates - Physical Therapy
Golden Corral
Iron Pig Off-Road
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J&R Trucking
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Kellogg's
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Party Elegance
Premier Physical Therapy
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Suzy Stone, Century 21
Virginia Mattress Direct

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Dovetail Cultural Resource Group I, Inc.
Fredericksburg Field House
G.L. Herndon Insurance
Hilldrop Properties
John Robb Custom Homes, Inc.
Markerhistory.com
METALWORKS GRAPHIC'S

COACHES! TEAM SPONSORS!

WE NEED YOU!

Call Jason Smith at (540) 372-1086 ext. 204
for more information on coaching or
sponsoring a team today!

Volunteers Needed!

Do you like
giving back?
working with kids?
sharing your skills?
to help make a difference?
having fun?

If so, join us as a volunteer! Volunteer
for an hour, a day, or a lifetime!
Volunteers are always needed in the
following areas:

Special Events

First Night • Soap Box Derby • Childrens' Art Expo
and more!

Sports Coaches

Administrative Assistance

Camp Aids & Instructors

Sports Camps • Arts Camps • Childrens' Camps

For more information, please call
(540) 372-1086
or e-mail us at
fredprpf@fredericksburgva.gov

THANK YOU TO OUR GENEROUS 2010 SUPPORTERS

Thank You Volunteers, Sponsors, and Partners for your Support!
Congratulations to our 2010 Volunteer Recognition Award Recipients!

Contributor of the Year: The Sunshine Lady Foundation

Sports Volunteer of the Year: Timothy Bahre and Chris Lipinski

New Volunteer Coach of the Year: Justin Childress and Wilson Greenlaw

Alvin Staples Leisure Volunteer of the Year Award: Barbara Benton

Hall of Fame Award: Michael Ward

Special Support Award: Cox Communications, Star Radio Group and W.C. Spratt, Inc.

Meritorious Service Awards: Mavis Allen, Timothy Bahre, Damien Cobey, Darrell Hayden, Robert Landeck, Chris Lipinski, Gerry Madigan, Ed Petke with Cub Scout Pack #213, Donnie Seal, R.C. Stephens, Chris Stoots, Keith Workman, Kellogg's, Pohanka Automotive Group

Distinguished Meritorious Service Award: Jeff Davis, Dickie Musselman with Weekend Bassers, Lasting Impressions, Tree Fredericksburg, Virginia Paving Company, W.C. Spratt, Inc.

Diamond Partnership Award: Sunshine Lady Foundation

Excellence in Service Award: Margaret A. Hamm (15 years)

Recreation Commission Award: Lasting Impressions and Tree Fredericksburg

Parks and Recreation Appreciation Award: Fredericksburg Fire Department

Past Recreation Commissioners: Robert C. Carter February, 2000 – June, 2010
George C. Solley July, 2002 – June, 2010

Fredericksburg Parks & Recreation Department Volunteer Coaches Information

Department's mission: The mission of the Fredericksburg Parks & Recreation Department is to enhance the lives of our citizens by providing a diverse package of recreation and park opportunities.

The Sports Staff at Fredericksburg Parks & Recreation have gone to great strides in preparing for the upcoming season. Teams have been selected to promote equity, fairness, and convenience based on information gathered from registration forms and placement procedures set forth by the Recreation Commission. We pride ourselves on our program, and our coaches and parents speak volumes to our success. **Sportsmanship** is the foundation for which we base our operations. We expect our children, parents, coaches, and officials to behave appropriately and represent the department and the sport well.

Coach Responsibilities:

Kids want to play and play a lot. Create equal playtime for all of your players. // Teach good sportsmanship. // Commit to practices and games. Communicate the league schedule to your parents. // Focus on team play, not individual ability. // Help your team be in good physical condition. // Learn the rules of the game; enforce these rules with all your players and parents and ensure they abide by these rules. // Safety of each child is your first priority. // Help your players believe in themselves and HAVE FUN!

Coaches Code of Conduct – “Making a Difference”

I will be responsible for all the players on my team and make sure safety of each one is first priority. // I will demonstrate good sportsmanship and lead by example during all practices and games. // I will treat all players, parents, coaches & officials with respect. // I will teach all players the skills of the game & the values of teamwork. // I will see that all players on my team play regardless of skill level. // I will provide only encouragement and positive direction to players during practices and games. // I will learn and relearn the rules and communicate these to all players and parents. // I will communicate with the parents on my team the league rules, practice, and game schedules. // I will respect all facilities & equipment available to me/ my team. // I will refrain from the use of drugs, tobacco, alcohol, & abusive language at and during all practices, games and sports events.

Fredericksburg Alert - Cancellations & Emergency Alerts

Recreation

The info you need, delivered.
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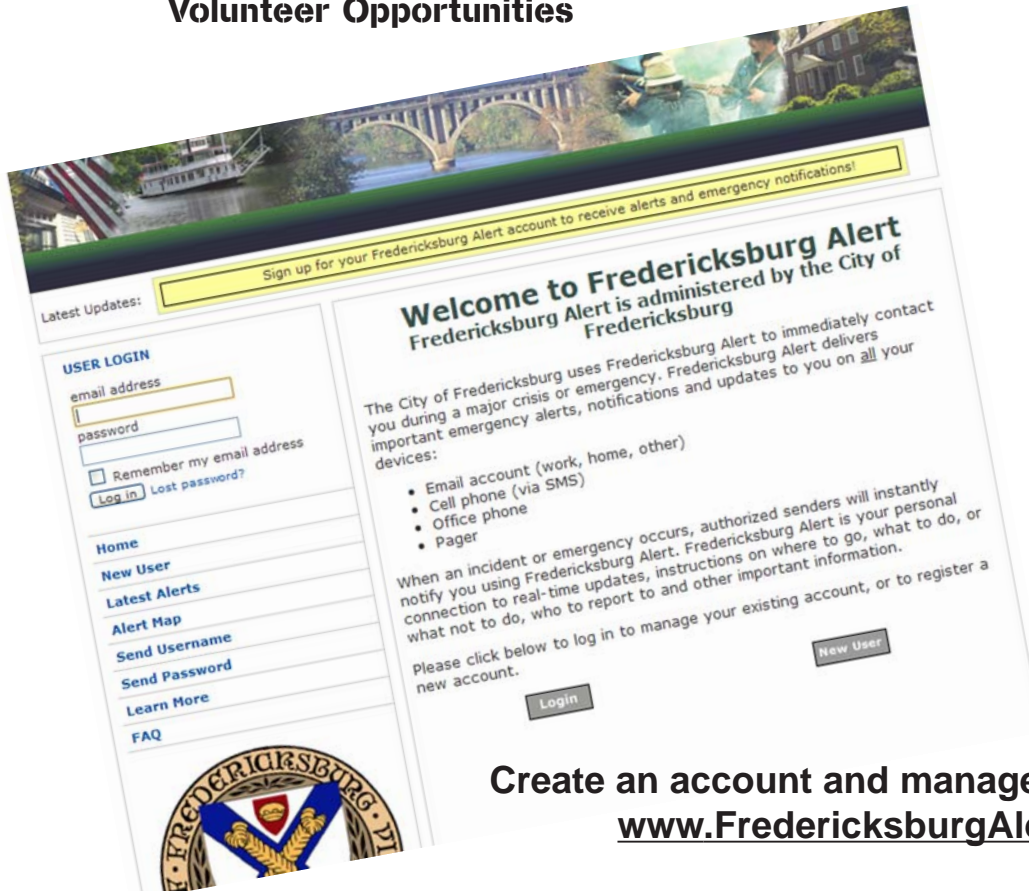
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the alerts you need!**

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Parks & Recreation uses Fredericksburg Alert to send you **Real-Time Rec Updates**. When a cancellation happens, or a registration deadline is approaching, you'll be notified instantly through Fredericksburg Alert.

**Park & Pool Updates
Registration Info
Volunteer Opportunities**

**Program & Event Cancellations
Sports Cancellations**



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